

## Healthy Broccoli Cauliflower Salad (Vegan)

Healthy broccoli cauliflower salad that's creamy and crunchy! Filled with red onion, apples, and carrots, and covered in a tangy-sweet cashew mayo dressing. Vegan, gluten-free, and oil-free!

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Chill Time: 30 mins

Yield: 8 servings ☒

Cuisine: Vegan

Prep Time: 15 mins.

Total Time: 45 minutes

Category: Vegan Salads, Vegan

Side Dish Recipes

Diet: Vegan



### Ingredients

- 4 cups cauliflower florets
- 4 cups broccoli florets cut into bite-sized pieces
- 1/2 red onion, chopped
- 1 medium apple, chopped
- 1 cup Creamy Cashew Mayo
- 3 tablespoons red wine vinegar (can sub apple cider vinegar)
- 1 tbsp maple syrup
- 1/2 cup julienned carrots
- Salt and pepper to taste

### Optional Add-ins

- vegan bacon bits
- chopped pecans, walnuts, sliced almonds
- raisins, dried cranberries, cherries, or chopped dates

### Instructions

1. Place the cauliflower in a food processor and pulse four or five times and set aside. It should look like larger pieces of riced cauliflower. But, you don't want to finely chop it.
2. In a large mixing bowl add the cauliflower, broccoli, chopped red onion, and chopped apple. Toss until well combined.
3. Combine the cashew mayo, red wine vinegar, and maple syrup then whisk until smooth. Pour over the broccoli cauliflower mixture and lightly toss to coat. At this point toss in any optional add-ins, season with salt and pepper if needed, and lightly stir.
4. Chill in the fridge for 30 minutes giving the veggies time to marinate in the dressing.
5. Serve and enjoy!

### Notes

Be sure and cut the broccoli into small florets that are fairly similar in size. It makes it easier to eat and looks good too.

I like to use pre-cut broccoli and cauliflower for this recipe because I'm lazy. It's much quicker and more